

# My rehabilitation journey

I'm in pain and I'm moving

Anglais



suva

 **crr sion**  
clinique romande de réadaptation

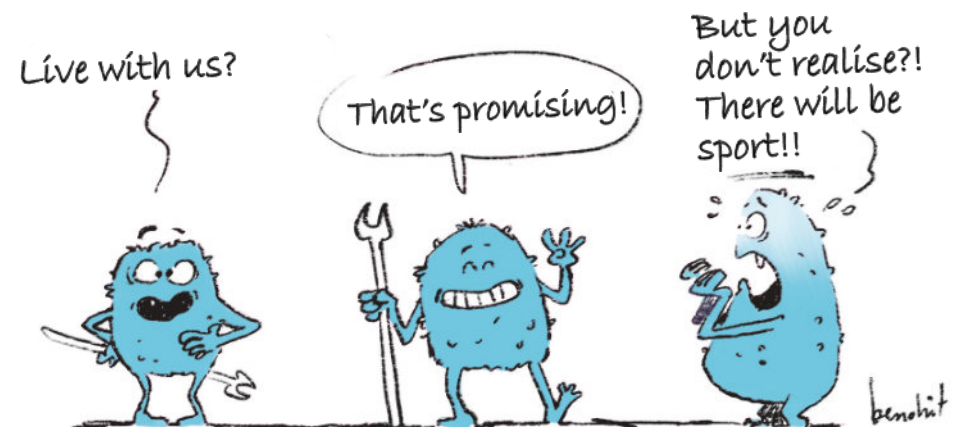
# Welcome to the CRR

This brochure contains advice and explications that will be useful for you to make the most of your time here at the CRR.

Our aim is to help you get better, to find your path and manage your activities in everyday life while respecting your pain.

This flyer may give you ideas, suggestions, new possibilities, **but these can not be applied without your participation.**

## LA FAMIGLIA DOLORI



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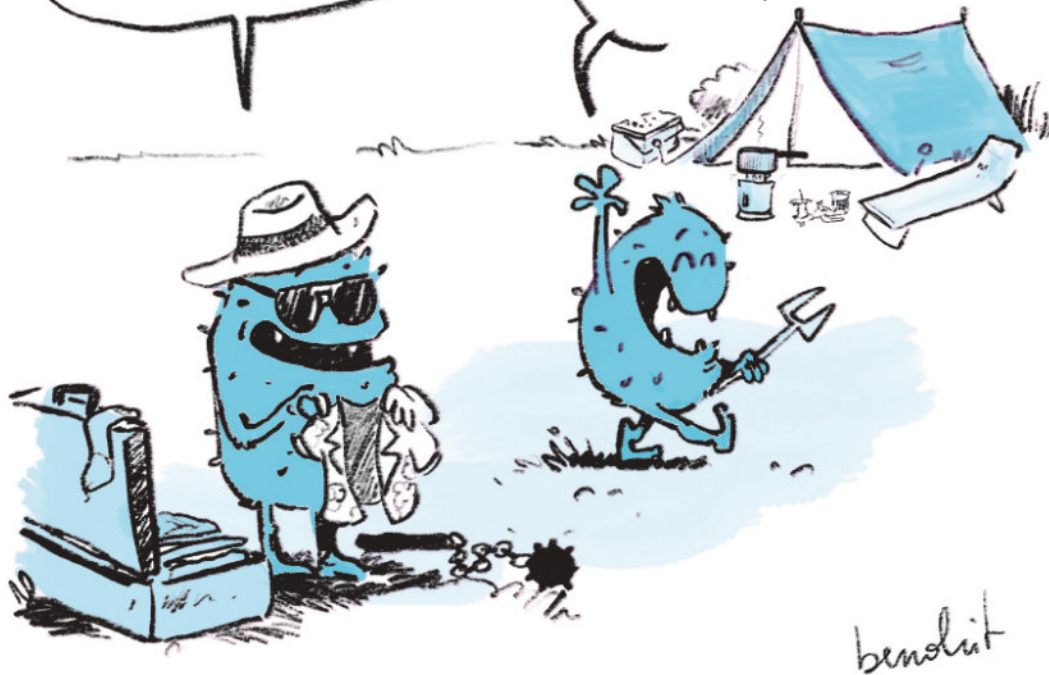
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**ACUTE PAIN**

**CHRONIC PAIN**

Ok, well I've done my job! Now I'm on my way...bye!

Hey everyone! Let's meet tomorrow, same time same place!



## Differentiating between acute and chronic pain

You might have been told that your pain is « chronic » pain. In the medical world, acute and chronic pain are two different entities.

Acute pain is very different from chronic pain, from its origin to its consequences.

	Acute pain	Chronic pain
Origin	Usually one specific cause	Multiple causes
What is the pain for ?	Alarm signal	No use
Duration	Short	Not defined
Pain medication	Effective	Less effective
Diagnosis	Precise	Often uncertain
Additional diagnostic tests	Useful	Not very useful
Role of the health professional	Decide and lead management	Guide and create partnerships for management
Role of the patient	Follow management recommendations	Be an active partner in the management

# HOW DOES CHRONIC PAIN SET IN?

Set in? I'd say they're hanging out here!

And every night, let me tell you, it's a neighbourhood party!



## How does pain become chronic?

### How does chronic pain progress?

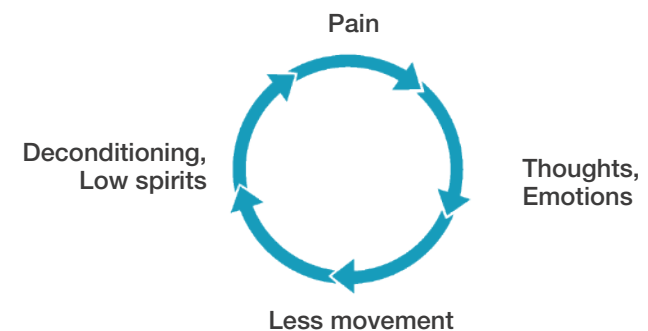
The decrease in physical activity progressively leads to muscle weakness and stiff joints. A weak muscle or a stiff joint manifests itself after each use. Thus, even light activities can become painful.

### What are the consequences of chronic pain?

There are many. Chronic pain changes one's life and shakes one's habits.

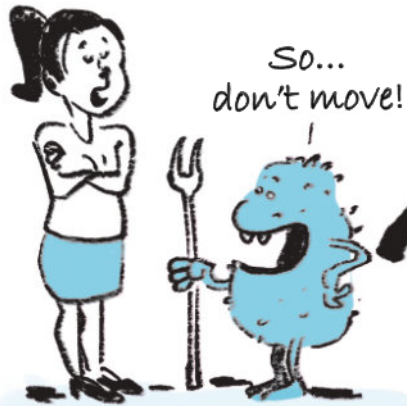
- because the pain often leads to **thoughts** such as : "I am no longer capable of doing as before", "if it continues, what will I become?", "I have to be careful when I move otherwise I may be at risk of a catastrophe"
- these thoughts lead to many **emotions**, such as frustration, discouragement, sadness, anxiety, and fear of hurting oneself again
- finally, the pain causes one to isolate oneself and **move less**.

One thus risks getting trapped in a vicious cycle as moving less weakens muscles and causes movement to be even more painful. Additionally, participating less in activities of everyday life makes one feel useless and in low spirits.



# HOW TO <sup>NOT</sup> BREAK THE VICIOUS CYCLE?

... If I move,  
well I'll have pain



But if I don't move,  
well my muscles  
will get weaker



You...  
you think?

And... since they'll  
get weaker, might as well  
not risk hurting yourself huh?



bendit

## How to break the viscous cycle in order to avoid things getting worse

The most effective and useful way is to move and resume as best one can activities of everyday life, despite or with the pain.

The path is not easy and is often long. As with rusted machinery, the restart will be noisy and a little bit more painful.

On this rehabilitation journey, **you have a very important role to play in the management of your pain**, as will be explained in the next few pages.

You won't be alone, the health professionals are here to help, to advise and to support you.

# WHY MOVE DESPITE THE PAIN?

Pfff...Hhhh...hhhh...  
Hey, our host...  
he's becoming...  
more and  
more difficult...  
to follow



## Keep moving despite my pain, why?

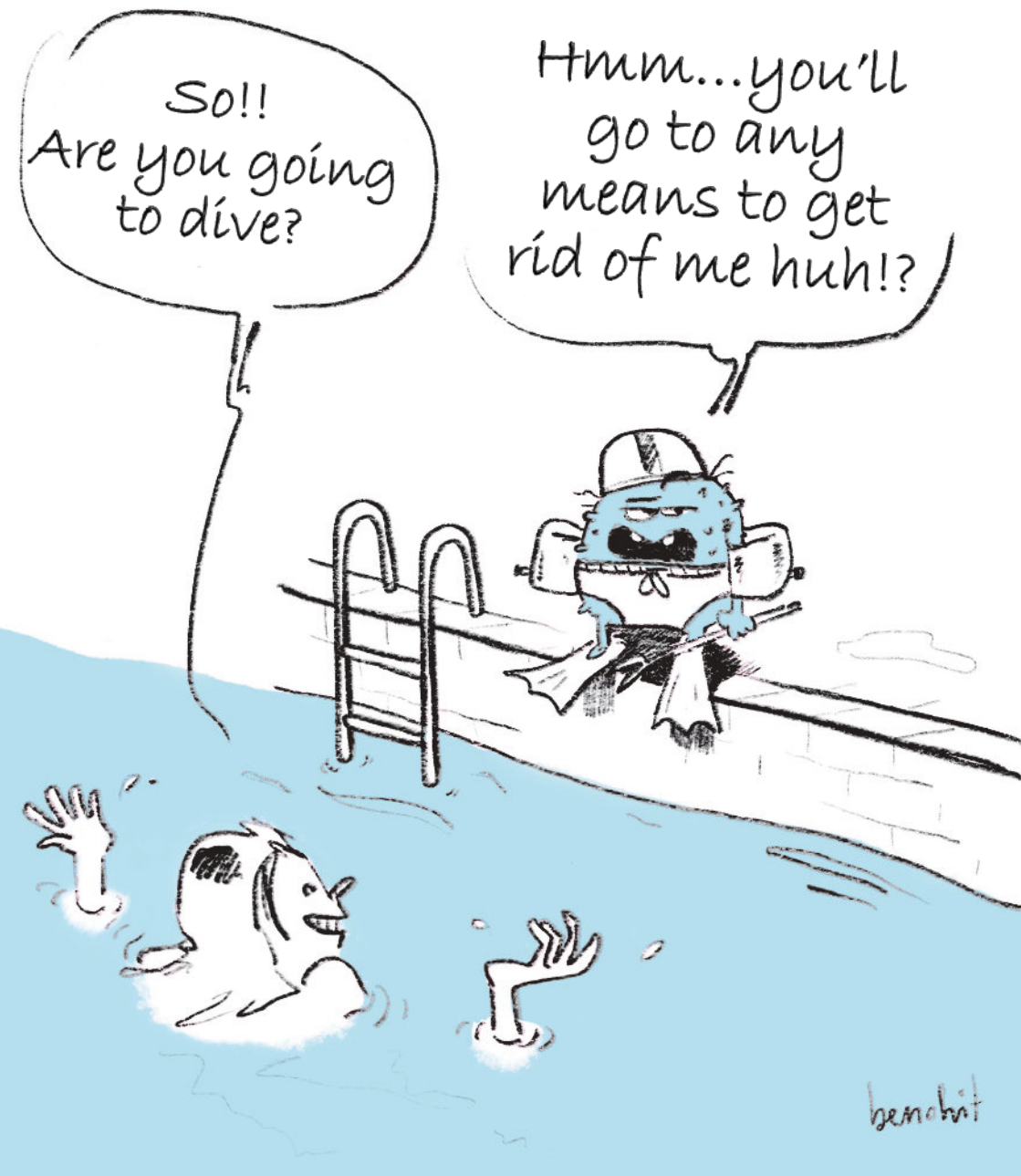
Physical activity is good for your health. If done regularly, it protects against many diseases.

Physical activity is for you, a chance to change your situation at improve your quality of life. It can also help to reduce your pain.

It acts on several levels :

- improves **strength** and flexibility
- improves **range of motion** : your joints stay flexible and strong
- maintains good **balance**
- improved **bone strength** : lowers fracture risk
- improved **concentration** and reduces **fatigue**
- improves **humour, sleep quality and sexuality**
- improved **self confidence and self esteem**
- improves **cardiac function** : more energy and better recovery
- improves **weight** regulation.

# FIND AN ACTIVITY THAT IS FUN?



## How to keep moving and maintain physical activity ?

### A few principles

- speak with the health professional team to evaluate and adapt your physical activity
- improved increase your physical activity progressively : start with activities of everyday life, then more physical activities, and finally sports activities
- find an activity that makes you happy
- find a good balance between activity and rest
- take breaks
- if it's too difficult, do several small activities instead of a big one.

### A few examples of adaptations to facilitate physical activity

- a well-balanced activity with small efforts : even a 10 minute walk 5 times a day -> amounts to already 50 minutes of walking per day !
- don't forget activities of everyday life : take the stairs instead of the elevator
- activity on a bicycle : you don't have to carry your entire bodyweight
- activity in a pool : movements are easier and impacts are avoided.

### How to stay motivated ?

- set small achievable goals
- do activities with other people
- make a written agenda in order to follow your physical activities
- use technology : for example, podometer, smartphone applications.



## HOW TO PUT UP WITH THE PAIN?

Are we almost there?

Are we almost there?

Are we almost there?

So...are we almost there?



## How to put up with the pain while doing physical activity ?

The health professionals will help you, but you will construct your own tool box to learn to manage your pain during this rehabilitation journey. The good news is that there are many « pain killer » tools. The bad news is that none of them relieve the pain completely. Each tool contributes a little to the pain relief.

### Building my pain killer tool box

- take **pain medication** at the right moment and at the smallest effective dose
- **stretch** regularly to relieve muscle tension
- use your **mind** and will power to continue to do activities despite the pain :
  - encourage yourself : « go on, that's great, keep going a little longer »
  - concentrate on what you're doing, for example by counting each movement
  - alternatively, distract yourself from the pain by thinking of something else, speaking with someone... while doing activities
  - do not get caught up by negative thoughts, build a shield to repel them
  - focus on what you have achieved and not what you haven't achieved
- above all, **do things differently**, with the aim of gradually increasing your level of activity and not giving up too quickly.

# MY PERSONAL GOAL



## My personal objective

### After this rehabilitation journey (in approximately one month)

Which personal everyday activity, not to mention work, would I like to be able to do ?

Think of a specific activity, that is achievable, realistic and reasonable (for example, doing the grocery shopping, carrying your child, gardening...)

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### If I think of this objective

Describe below where, when, how and in what context you will take the first step.  
Example : walk back from the train station when I go home.

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